



# State of Caring 2020



Dr Nikki Dunne, Family Carers Ireland



# About The Research

## State of Caring



Survey of the membership and network reach of Family Carers Ireland



23<sup>rd</sup> Dec 2019 - 17<sup>th</sup> Feb 2020



1,250 family carers



Combination of online and postal distribution

## Caring Through COVID



Survey of the membership and network reach of Family Carers Ireland



14<sup>th</sup> April - 5<sup>th</sup> May 2020



1,307 family carers



Online distribution only

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# The Financial Impacts of Caring



**70%** of carers find it hard to makes ends meet


**19%** can only make ends meet with great difficulty

**1 in 10** in arrears with rent or mortgage

**57%** had been in debt or were likely to experience it in the future

**21%** of those who struggle financially report that they cut back on food or heat in order to make ends meet

**31%** spending €150 p/month on expenses associated with caring

A woman with red hair, wearing a leopard print top, is shown from the chest down, holding a large, colorful bundle of clothing. She is standing in a room with a white door and a window with blinds in the background. The scene is overlaid with a semi-transparent blue rectangle containing white text.

*“I go without  
my medication  
to make ends  
meet.”*

*“I have to keep  
the heating on  
and some weeks  
can't afford  
shopping.”*

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## Reconciling Caring and Paid Employment

# Consequences of balancing paid employment with family caring responsibilities




**55%** have given up work to care

**23%** said they reduced their working hours to support the person they care for

**27%** turned down training/educational opportunities

**48%** lost between €15,000 and €50,000 per year





*“I can’t work  
unless there is  
a Homecare  
Package in  
place.”*

*“I had to leave  
work to care for  
my daughter...I  
miss work and  
the social aspect  
of it.”*



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## Caring Through Covid



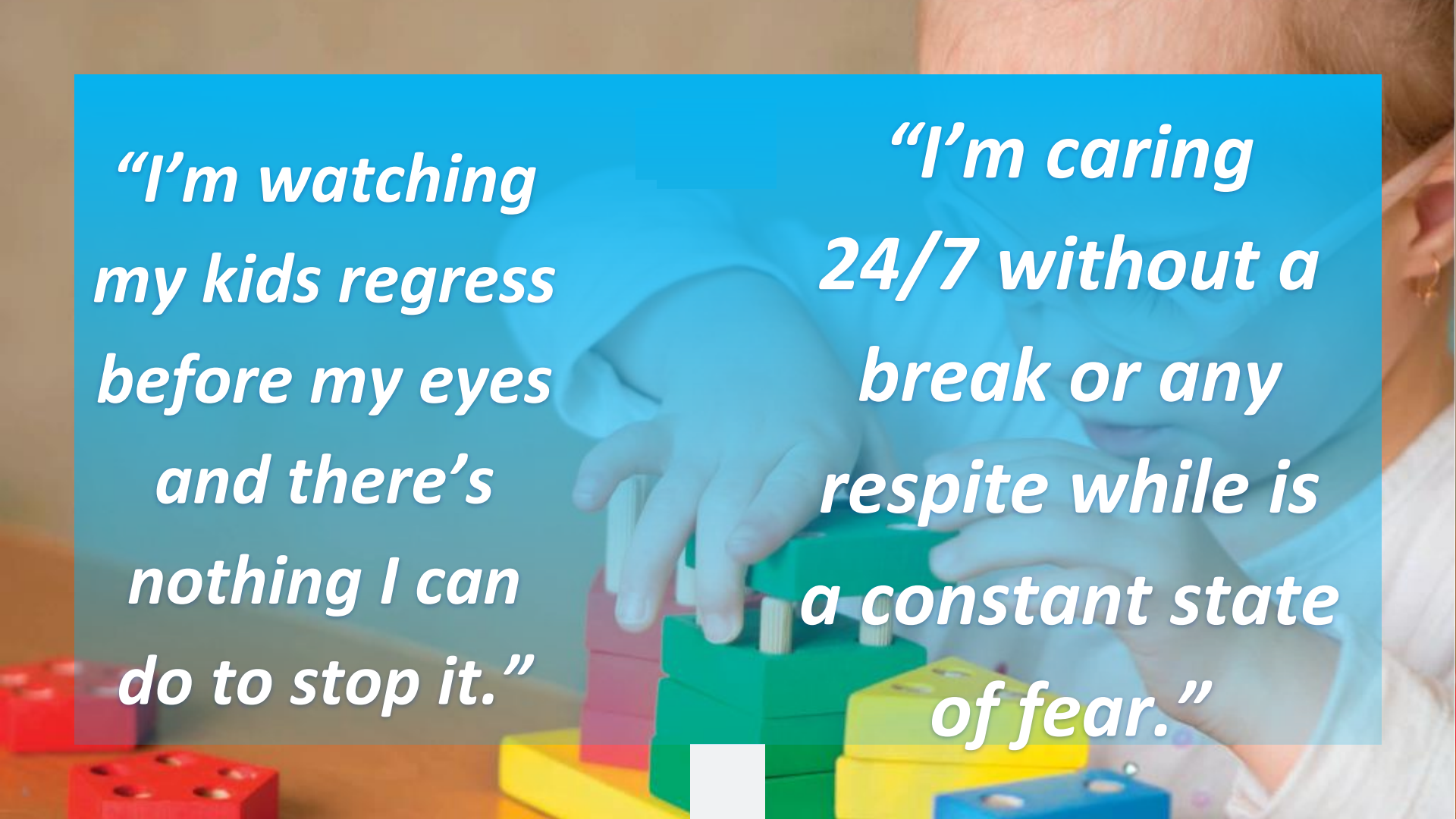
## Access to Supports and Services

- At the start of the 2020, **75%** of carers experienced difficulties accessing services
- In March, carers experienced reduced access to respite, homecare hours and day services
- **43%** worry that services would not be restored to their previous levels



# Concerns About Decline in Health & Wellbeing

- **60%** expressed concern about their own mental health.  
- **Anxious, stressed, isolated, not coping, burnout**
- **63%** concerned about a decline in the health and wellbeing of the person they care for.  
- **Withdrawn, anxious, regression, mobility issues**
- **56%** reported an increase in responsive behaviour in the person for whom they care.  
- **Anxious, aggression, agitation**

A close-up photograph of a young child's hands stacking colorful wooden blocks (red, yellow, green, blue). A woman's hands are visible, gently guiding the child's hands. The scene is set against a light-colored background, possibly a table or floor. The image is overlaid with a semi-transparent blue rectangle containing white text.

*“I’m watching  
my kids regress  
before my eyes  
and there’s  
nothing I can  
do to stop it.”*

*“I’m caring  
24/7 without a  
break or any  
respite while is  
a constant state  
of fear.”*